

That's it, the key to the core: a baseball with its cover. Of course, there is more. But if you don't get this key observation, go back to the couch and watch some more football. Actually, that's a good idea even if you do get it. Real American football puts the reality into the whole set of observations. That's how we began to understand it.

Getting back to the baseball...the pubic bone, of course, does not really look totally like that. But the concept works. There are many analogies. Think back to the Eureka experiment described in Chapter 3.

In reality, the 2 pubic bodies form a relatively round-feeling object. Thick fibrocartilage covers the whole round item. The fibrocartilage not only covers the "baseball," it extends into it and between the 2 halves as well as over the baseball and then fades along some bony extensions called the *rami* (Figure 7-11).

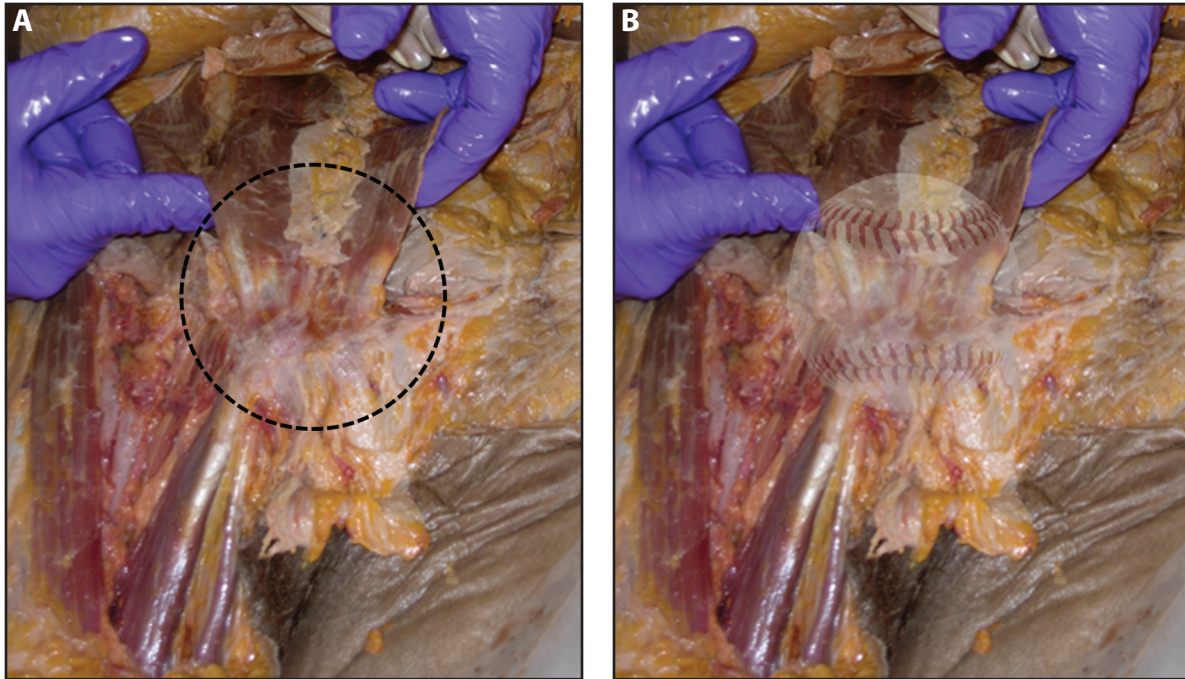


Figure 7-11. The location of the "pubic baseball" in the human. This is the same cadaver you saw before (in Chapters 3 and 4) with (A) a circle representing the location of the pubic bone baseball and (B) the baseball.

Now look back at the same cadaveric dissection picture we showed before. The yellow circle represents the baseball. Note the rectus abdominis muscle attaching from above and the adductor muscles from below. They attach to the same, hard-to-see mat of tissue. The 2 sets of muscle share the same fibrocartilage cover and therefore, from the standpoint of motor function, they connect. Also note the much larger muscle mass passing alongside the rectus abdominis/adductor complex. The fact that that muscle mass is so much larger might insinuate it provides a lot more power than the rectus abdominis/adductor complex. That has been shown to be true. Most of our power comes from our back, butt, and side muscles. We call these the *core power muscles*. We call the pubic attachment complex (ie, the rectus abdominis/adductor complex) the *harness*. We shall get into the harness more in the next chapter. For now, let's just say it serves to harness the power from the power muscles. We call the baseball cover the *fibrocartilage plate*.

For now, consider the following anatomic features of the pubic bone. These features are important to understand the subsequent chapters. Memorize them if you want, but if you don't want to, that's okay. These pages shall remain here for reference. The fibrocartilage plate connects the rectus abdominis to the pectineus, adductor longus, and adductor brevis. Other adductor muscles do not attach at the same place. The gracilis attachment is so petite and so posterior, it seems unlikely that it plays much role in pubic bone joint stability. All the harness muscles attach to the same plate so functionally they all connect to each other (Figure 7-12).